

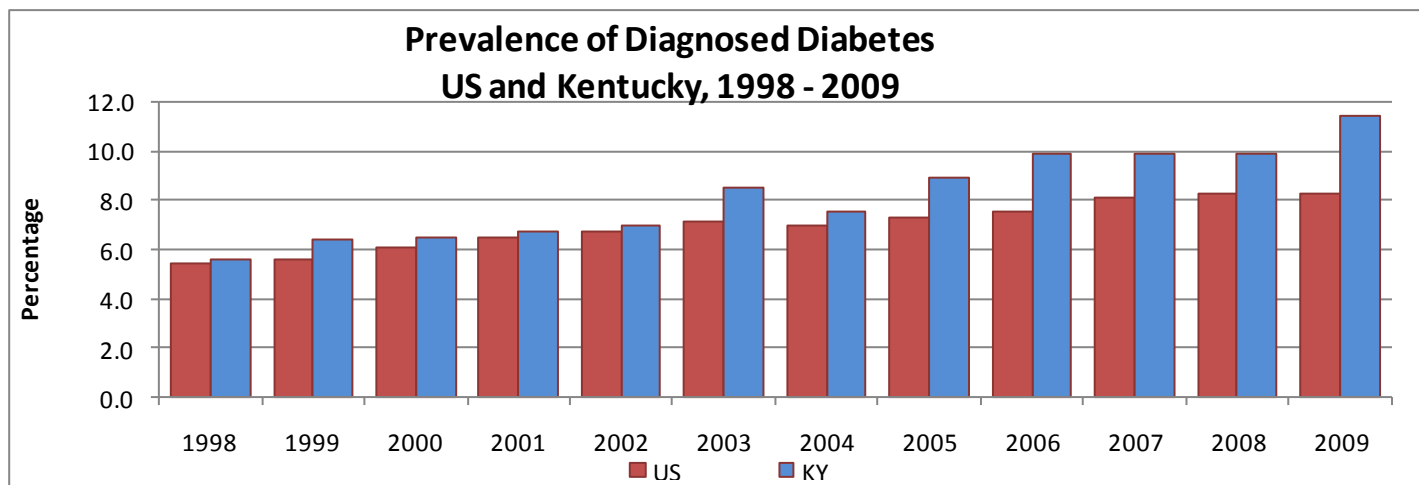
# 2010 Kentucky Diabetes Fact Sheet

## Kentucky Diabetes Prevention and Control Program

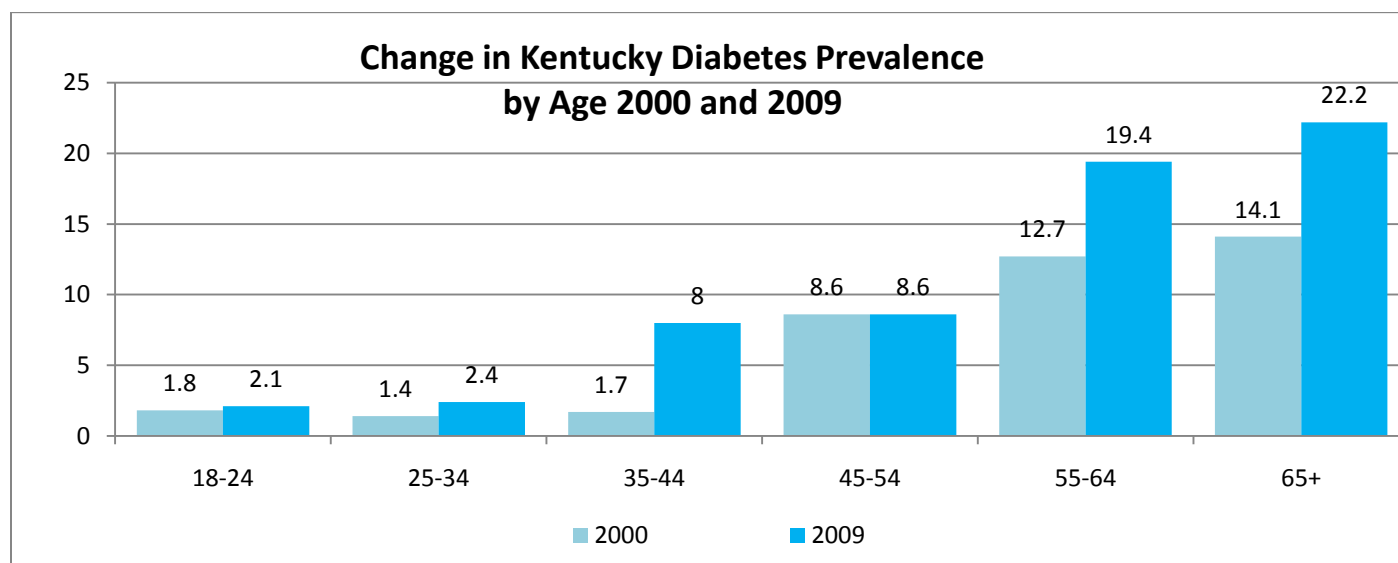
Updated September 2010

### Diabetes is Common in Kentucky – and becoming more common!

- The burden of diabetes in Kentucky and in the nation is large and growing. In **1998**, **only 5.6% of Kentuckians** had been diagnosed with diabetes compared to a rate of 5.4% nationwide. As of **2009**, **11.4% of Kentuckians** are estimated to have diabetes compared to 8.3% of adults nationwide.
- In 2009, the Kentucky rate for diagnosed diabetes was the **4<sup>th</sup> highest** in the nation (50 states and DC) at **11.4%**, compared to a national median of 8.3%. This translates to an estimated **366,000 adults in Kentucky** having diagnosed diabetes.



- Diabetes is becoming more prevalent among younger adults. In **2000**, **fewer than 2% of Kentuckians aged 35-44** had been diagnosed with diabetes, but by **2008**, **that number had more than quadrupled to a rate of 8%.**
- Diabetes is also becoming far more common among older adults who have traditionally experienced higher rates of diabetes. In **2000**, **14% of those 65 and older** had diabetes compared to **22% in 2009.**



## Why is diabetes becoming more common?

- The increased rate of diabetes is due to multiple factors. Many Kentuckians are at immediate risk of developing diabetes due to **high rates of obesity** (30% of Kentucky Adults) and **low rates of physical activity** (30% of Kentucky adults are inactive). In addition, those with high blood pressure or high cholesterol are at an increased risk for developing diabetes. In Kentucky, **38.5% of adults have high blood pressure** and **30% report high cholesterol levels**. (2007 BRFSS)
- In Kentucky, about **57% of adults have been tested for diabetes** in the past 3 years. Of those, **8% have been diagnosed as having "Pre-diabetes"**, meaning that their blood sugar levels are above normal, but not yet high enough to be considered diabetes. This translates to about **226,000** Kentuckians being diagnosed as having **pre-diabetes**.
- Most of those with pre-diabetes will develop full blown diabetes** if they and their doctor do not take action to slow or halt the progression of the disease.

Kentucky Rate of diabetes screening in the past 3 years (2008 BRFSS estimates)						
Age	18-24	25-35	35-44	45-54	55-64	65+
Percent	39%	49%	55%	60%	69%	73%
Kentucky Rate of Pre-Diabetes Diagnosis, 2008						
Age	18-24	25-35	35-44	45-54	55-64	65+
Percent	6.8%	3.8%	7.9%	9.4%	11.0%	10.5%

## What are the Impacts of Diabetes?

- Diabetes often leads to heart attack, stroke, lower extremity amputations, kidney failure and blindness.
- There were 119,533 diabetes related hospitalizations in 2007, accounting for 17.9% of all hospitalizations.
  - 2,418 hospitalizations due to diabetic ketoacidosis.
  - 665 hospitalizations for lower extremity amputations due to diabetes.
  - 3,905 hospitalizations due to cerebrovascular disease with diabetes.
  - 9,095 hospitalizations due to ischemic heart disease with diabetes.

## What can Kentucky do to Improve the Outcomes for People with Diabetes?

- Appropriate care from physicians and self care by people with diabetes is vital for improving the lives of people with diabetes and controlling the costs of this serious disease. Kentucky compares favorably to the US overall in key measures of diabetes care.

Reported Rate of Care Practices Among Adults with Diabetes, Kentucky and US								
Preventive Care Practices	KY 2001	KY 2002	KY 2003	KY 2004	KY 2005	KY 2006	KY 2007	US 2007
1 or more MD visits for diabetes	93.9	94	93.5	92.2	91	90.2	90.4	85.4
Received a professional foot exam	62.6	62.6	62.7	63.7	66	66.3	66.7	69.4
Dilated eye exam	72.7	68.7	68.2	67.2	69	81.8	80.3	66.3
Performs Daily Self Foot Exam	78.9	82.1	80.9	82.7	72	81.8	80.3	65.8
Performs Daily Self Blood Glucose Monitoring	60.1	62.7	65	66.3	68	68.6	68.4	63.2
Received 2 or more A1C Tests	70.8	70.3	71.8	72.2	72	72.2	72.3	69.6
Received a Flu Shot in the Past Year	46.8	48.6	49.5	46.4	45	48.2	52.4	57.7
Received a Pneumonia Shot in the Past Year	33.8	36.3	38.9	39.1	42	43.8	47.7	38.9

Centers for Disease Control and Prevention: National Diabetes Surveillance System. Available online at: <http://www.cdc.gov/diabetes/statistics/index.htm>. Retrieved [12/11/2009]. Three-year averages were used to improve the precision of the annual estimates. Data computed by personnel of the CDC's Division of Diabetes Translation.